

High-Protein Pudding



Nutrition Content per 100 g

Calories	140 kcal
Total Fat	1 g
Saturated Fat	0.5 g
Trans Fat	0 g
Cholesterol	10 mg
Total Carbohydrates	22 g
Dietary Fiber	0 g
Sugars	20 g
Protein	10 g
Calcium	163 mg
Magnesium	21 mg
Phosphorus	207 mg
Potassium	160 mg
Sodium	130 mg
Iron	0 mg
Vitamin A	156 IU
Vitamin C	0 mg

Ingredients	% Weight
Skimmed milk	70.52
Whey protein concentrate, 80% protein (WPC 80)	10.00
Sugar	10.20
Dextrose	5.70
Food starch, modified	3.00
Tetra sodium pyrophosphate	0.25
Disodium phosphate	0.13
Flavor, vanilla	0.20

Procedure

1. Mix dry ingredients at low speed to make the pudding mix.
2. Pour one cup skimmed milk into a 400 ml container.
3. Add the pudding mix slowly to skimmed milk with continuous stirring until completely dissolved.
4. Pour pudding sample into serving cups.
5. Refrigerate overnight at 4-8°C (39-46°F) for overnight.